



# Blue Blood and Blue Noses



Blue Blood and Blue Noses in March are not a sign of noble birth. They are the white flags of a poorly nourished body. Natural warmth and bodily vigor come from a food that contains the proper amount of nutritive elements in a digestible form. Such a food is SHREDDED WHOLE WHEAT—a food that supplies in well-balanced proportion all the material needed for making healthy tissue, good brain and sound bones. One or two SHREDDED WHEAT BISCUITS (heated in oven) for breakfast, with hot milk or cream and a little fruit, will supply all the energy needed for a half-day's work. Contains more real flesh-building, strength-giving material than meat or eggs and costs much less.

SHREDDED WHEAT is made of the choicest white wheat that grows, is cleaned, steam-cooked, shredded and baked in the finest and cleanest food factory in the world. If you like the Biscuit for breakfast you will like Toasted TRISCUIT (the Shredded Wheat Wafer) for luncheon or other meals. It is used in place of white flour bread and is delicious with butter, cheese or marmalade.

**"It's all in the Shreds"**

THE NATURAL

# A Practical Housekeeper's

By Mrs. Coville



A YOUNG wife was recently told by her husband that his income had undergone financial contraction, and asked if she could "cut expenses down." Her experience in practical housekeeping had not been long, but her mother, she knew, had a friend who had years ago, under similar conditions, "cut down." This woman was a housekeeper of thirty years' experience, and to her she went.

"All right, dear," she said. "I will help you—that is, I will tell you what I did. But whether you will care to do the things that I did, and do today, is for you to decide. I will write them out for you, so that you can read them at your leisure and keep them within your reach."

The next day the "memorandum of economies" came to the young wife, and they are here reproduced, in part, for the benefit of other young wives who may now or in the future be similarly situated.

THE first thing I did, and it was the hardest thing to do, but I made up my mind to do the hardest first, I let the "girl" go—that meant a saving of ten dollars a month wages and at least ten dollars a month more, which even the best of cooks or girls will "waste." For they are not spending their own money!

I stopped buying apples for twenty and twenty-five cents a quarter-peck. There are eleven pecks in a barrel, and I figured I was paying eleven dollars a barrel! I bought a barrel for four dollars! I laid them out on the cellar floor, careful not to bruise them, and they kept splendidly! When I saw they were starting to decay I made what was left into apple sauce and put it in glass jars. The sauce retained its delicious flavor all winter.

I used to buy bacon sliced and in a glass jar for twenty-five cents. Now I have it sliced by my butcher for fourteen cents a pound. Sometimes I buy it in the slab and slice it at home as needed, in this case I pay only ten or twelve cents a pound for it.

I paid forty cents a pound for our coffee. I bought a sack, roasted it myself, and found it cost me from fifteen to twenty cents a pound. One of our favorite left-over dishes is that of meat balls made from the remains of a beef roast. For these we make a liquid dressing of the small portion of left over stewed tomatoes.

Peanuts are splendid food; instead of meat at luncheon I substituted sandwiches of peanut butter or peanut salad. I bought a peck of peanuts at a time.

I stopped using butter in making my cookies; I used the drippings from my beef.

I made the greatest saving in cutting down meats. I used substitutes that are just as nutritious and not so costly. And I made my own corned-beef, using, of course, the less desirable cuts of meat.

Instead of buying lamb chops at twenty cents a pound I bought a loin of lamb, not cut up, took a sharp knife and a fat net, cut my own chops, and they cost me less than eleven cents a pound.

I used to pay twenty cents a pound for sausage. I got a small piece of good, lean pork, half as much beef, ground together, properly flavored with salt, pepper and sage, and I made my own sausage at ten cents a pound.

Instead of buying polished rice—and, incidentally, this very polishing process robs the rice of one of its most nutritive values—I bought the unpolished rice at half the price, and actually got more nutrition for my money.

Instead of buying honey and molasses I used melted sugar on our morning pancakes, and besides saving money I was surer than I had been that we were not eating glucose, coal-tar flavors and dyes.

ONE of my friends in Boston, who lived in a small flat, heated by a furnace in the cellar, told me that she used to save her kitchen fire, when she intended to be out for the greater part of a day, by setting articles of food to cook on the ledge just inside the door through which coal was put into the furnace. Potatoes would bake there, she said, also puddings which required long cooking. I did as my friend did, and I saved fuel.

Another economy of coal I practiced was to do as much baking as could be planned on ironing day, when I had to have a hot fire. A roast could be cooked in the oven that day, and potatoes baked for dinner.

I used to buy a fresh, medium beef tongue at about sixty cents. At a cost of a quarter for three I bought calf tongues, got a change and enough for a meal, and got a delicious bouillon into the bargain.

One day somebody told me about the "hay-box," or "fireless stove." I had never seen one, for we do not, as a rule, have many of the articles of food to be cooked that way; but I began to experiment with one. These "stoves" are intended for food which needs long, slow cooking in water. An old trunk with a tight-fitting cover or a small dry-goods box fitted with a cover will do for the "stove" itself. I chose a box, lined it thoroughly with several thicknesses of newspaper and then filled it with clean, fresh hay. A hay pillow the size of the box was needed, and a piece of carpet or some other heavy covering to throw over the box. That was all there was to it, except to remember that the utensils must have tight-fitting covers. To prepare vegetables needing long cooking, stews and breakfast foods I heated them first on the coal stove or gas range until they boiled for about ten minutes. Meantime I got the hay-box ready by making a little nest in the hay, so that the pail might be transferred directly from the fire to the hay-box. At the proper time I put the cover to the pail on tight, placed the pail in the nest in the hay, packed the hay around it, put the hay pillow on top, shut the box and threw the cover over it. That ended the matter until I was ready for the meal. Meats required five or six hours' cooking. Of course, I had to experiment a little to know just how much water was required, as well as how much time. There was no evaporation, as in the ordinary cooking, all the flavor being kept in the food. Naturally, by using this "stove" I could keep my range fire quite low a good part of the day, and I saved a deal of coal.

I used to buy the li The meat in those bou thirty-two cents a pou market for twenty-five could get it unshaved,

We wasted none of r putting it through the breaded article of food, the stale crusts or pie until soft, and pressed set the bread in the us Only half as much flo and spongy.

When I had a little cious and nutritious, la purée of potato, rean palatable soup to be a member of the family and dried peas for the

I found macaroni w many ways other thar cream or tomato sauc variation for the wint

We were very fond r paying thirty cents fo By tasting a few sampl tried some myself and box. The family nev

A FRIEND with a bi than we could pas could not use. The w into a kettle of boiling milk in the corn. Th of the knife scraped th — some in the sun and I tied it up in a paper Corn dried in this wa easier to do, and occu

Endless, almost, we bread: For puddin, flavored with fruit. T fine bread omelet fo the slices in squares fo and toasted made a de

I found I was spen and laundry work, bu work to make it yout a pound of fat or suet twelve cents. Then on a can of potash, and a little that way. O, bought a box, saving t

I FOUND I saved son the plates and greasy the surplus grease and papers. I immediately unless one puts them a for newspapers breed

I stopped throwing a that I plunged into b leave a soft, gummy m rich stock and chick

I saved the small ser then palatably over ag I used for mounds, ino could then be taken ou meal thinned to th sweetened, which I w hot oven, making deli

I stopped buying my to contain 50 to 60 pou hawker and found it price was cheaper. I w from the grocer at high

Fruit which had, per be used deliciously for

Then, as a final wa most. I turned my cit and raised my own veg us with plenty of eggs-cents a dozen. I had most delicious vegeta more, radishes, lettuce months of the year, ok toes and beets in suffic left in the ground wea parley supplied us the around it and covered tarragon, sage and th before the blossoms lad ture for herbs unnesser cents at the grocery stor the crushed leaves sou vinegar and strained g vinegar at the cost of t

REMEMBER, of ou that flourish now o on that basis they re I saved by pennies, a dollars, and the third e the ten dollars in ear recently eight dollar a

YOU remember I spoke of buying rice, but, cheap as it was, as it is, it wouldn't have been worth while to buy it, hadn't been

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nts of McGill University, advice, the thoughts here

of stooping; in your soul. But in spite may succeed, you may be acquire enormous wealth. n you that you stand in ig spoken and written of smart man.—And that is rible calamities that can ized white man today.

season of hope, ambition last word youth needs is cheerful. Some of you remember, that youth can be pression, despondencies, s, the worse because they to ourselves and incom-ows. There is a certain he soul of the young man—a horror of desolation, ized worthlessness, which d of the hells in which we

speak. This is due to a he chief of which is the animal itself. But I can fort that the chief cure for self, to lose yourself, in al to yourself—in another referably, another man's hour does not vanish, as if the black cloud will s it will not; let me tell mfort that there are many ut there are no liars like

The despair and the because there is for you e nothing ineffaceable, e nothing you may or out cannot believe or have lieve in the infinite mercy at hand. All and will t, and at least ive significant important